

Brig. Gen. Dempsey promoted to major general



Task Force 1st Armored Division commanding general, Brig. Gen. Martin E. Dempsey, is promoted to major general by Gen. John Abizaid, U.S. Central Command commanding general and Sgt. 1st Class Eric Durst, a motor sergeant with 1st Battalion, 4th Air Defense Artillery Regiment, during ceremonies held at the task force's Baghdad headquarters March 14.

Story and photo by Sgt. Shauna McRoberts, 1 AD PAO BAGHDAD, Iraq – Task Force 1st Armored Division's commanding general, Brig. Gen. Martin E. Dempsey, was promoted to major general during a ceremony held at the division's headquarters March 14.

Dempsey, who has commanded the Task Force since July 16, 2003, was promoted by Gen. John Abizaid, U.S. Central Command commanding general.

First Lt. Christopher Kane, a platoon leader with 4th Battalion, 27th Field Artillery Regiment, and Sgt. 1st Class Eric Durst, a motor sergeant with 1st Battalion, 4th Air Defense Artillery Regiment, representing the officer and NCO corps, assisted with Dempsey's promotion.

Soldiers and other members of the 1st Armored Division family at the division's home station in Wiesbaden, Germany, participated in the ceremony though a teleconferencing link-up.

"The way I look at how I got where I am is on the

shoulders of a whole bunch of folks – officers, noncommissioned officers and Soldiers of every rank -- who have kind of hoisted me up and did to me what we're trying to do to Iraq," Dempsey said. (They) hoisted me up on their shoulders and said, 'You can do this.'"

Abizaid praised Dempsey for his leadership of one of the largest divisions in U.S. Army history.

"(He) has 29,000 Americans under his command, which, by the way isn't the size of a division, it's the size of a corps, and he's also got 7,000 Iraqis who work with him everyday and that number's growing," Abizaid said.

"I not only want to thank you for all the work that you've done, but all the Iron Soldiers," said Abizaid. "A good team is only as good as its good leaders and there are good leaders here in Ironland."

Dempsey was commissioned in June 1974 after graduating from the U.S. Military Academy at West Point. His first duty assignment was with the 1st Squadron, 2nd Armored Cavalry Regiment from January 1975 to June 1978.

He has also served with the 4th Infantry Division (Mechanized), the 3rd Armored Division in Germany and taught English at West Point,

Dempsey's first assignment with the "Old Ironsides Division" took place in 1993 when he served with 4th Battalion, 67th Armor Regt. That tour was followed by an assignment with the U.S. Army Total Personnel Command in Alexandria, Va.

He later commanded the 3rd Armored Cavalry Regiment and held posts on the Joint Staff at the Pentagon.

Dempsey's' most recent assignment before assuming command of the division, was in the Kingdom of Saudi Arabia as the Program Manager for the country's National Guard Modernization Program.

He graduated from the U.S. Army Command and General Staff College and the National War College. He earned a Bachelor of Science Degree from West Point and has earned master's degrees in English from Duke University, Military Arts and Sciences from the U.S. Army Command and General Staff College and in National Security and Strategic Studies from the National Defense University.

NEWS...

Bombs Kill Six U.S. Soldiers in Iraq

BAGHDAD, Iraq (AP) - Roadside bombs killed four American soldiers in Baghdad, raising to six the number of U.S. troops who have died in attacks in Iraq this weekend, the coalition said Sunday. Hundreds of Iraqis, meanwhile, mourned a Shiite politician's relative who died in a bomb blast in his shop Saturday.

Suicide Attacks Leave 11 Dead in Israel

ASHDOD, Israel (AP) - Two Palestinian suicide bombers blew themselves up in this closely guarded Israeli port Sunday, killing nine Israelis and wounding 18 in the first deadly attack on a strategic installation in more than three years of Israeli-Palestinian fighting. The bombings raised serious questions about Israel's vulnerability. Police said the bombers may have been trying to blow themselves up near chemicals, causing far greater loss of life.

Spain Votes in Election After Attacks

MADRID, Spain (AP) - Spaniards voted Sunday in general elections thrown wide open by a reported al-Qaida claim that it staged deadly rail bombings last week to punish the government for supporting the U.S.-led war in Iraq. Voter turnout was high, and many people said they went to the polls purely to show their fury at Prime Minister Jose Maria Aznar and his Popular Party for Spain's worst terror attack.

Exit Polls: Putin Has 69 Percent of Votes

MOSCOW (AP) - Incumbent Vladimir Putin appeared headed toward a strong mandate for a second presidential term, winning 69 percent of the vote Sunday, according to an exit poll. The poll, conducted by the non-governmental Public Opinion Foundation, surveyed votes by 120,000 people in 1,200 polling station.

Pavarotti Tells AP It's Goodbye to Opera

NEW YORK (AP) - This is the finale, Luciano Pavarotti said of Saturday's "Tosca," one last opera on stage after more than four decades of the high Cs that transformed him from an insurance salesman to the most widely beloved classical singer ever. All 4,000 tickets had been sold for Saturday night's production at the Metropolitan Opera House, the stage that made Pavarotti famous as the tenor with the big belly and super-sized smile.

Thought for the day...

'Words of Value'

Cordell Hull was an extremely cautious speaker, striving always for scientific accuracy. One day while riding on a train, a friend pointed to a flock of sheep grazing in a fold.

"Look, those sheep have just been sheared," he remarked. Hull studied the flock and replied, "Sheared on this side anyway." If we believe that our words have value, then we will not use them in haste but instead invest them for the future.

And in other news...

Some Frozen Lobsters Return to Life

By JAY LINDSAY, Associated Press Writer
BOSTON (AP) -- Call it cryonics for crustaceans. A Connecticut company says its frozen lobsters sometimes come back to life when thawed.

Trufresh began freezing lobsters with a technique it used for years on salmon after an offhand suggestion by some workers. It found that some lobsters revived after their subzero sojourns.

Now, Trufresh is looking for partners to begin selling the lobsters commercially. The company was scheduled to attend the International Boston Seafood Show, which began Sunday, armed with video showing two undead lobsters squirming around after being frozen stiff in a minus-40 degree chemical brine for several minutes.

Company chairman Barnet L. Liberman acknowledged that its lobster testing is limited and only about 12 of roughly 200 healthy, hard shell lobsters survived the freezing. In addition, the company hasn't researched how long a frozen lobster can survive - overnight is the longest period so far.

Liberman emphasized the company's goal isn't to provide customers with lobsters that always come back to life. He just wants to supply tasty lobsters.

But frozen lobster can't be much fresher than "still alive" and Trufresh hasn't hesitated to tout their lobsters' restorative qualities. For instance, the company plans to ship the lobsters with rubber bands on the claws, as a consumer protection measure.

"I wouldn't remove the rubber bands," Liberman said. "It's not worth the risk."

Bonnie Spinazzola of the Offshore Lobstermen's Association in Candia, N.H., had her doubts about Lazarus-like lobsters entering the existing frozen lobster market.

"I've never heard of it and I don't know if I believe it," she said. "It might be a robo-lobster."

Trufresh is based in Suffield, Conn., but has salmon operations in Lubec, Maine, a community on the Bay of Fundy that's the easternmost town in the United States.

A few years ago, some workers with lobstering experience suggested freezing lobsters the same way they froze their salmon, which are far too dead (and filleted) to ever be revived.

First, the lobster's metabolism is slowed in below-freezing sea water and then it's immersed in the minus-40 degree brine.

Liberman said the lobster freezes so quickly that damage to muscle tissue cells from the formation of ice crystals is minimized.

The lobsters are then thawed in 28-degree sea water. A marketing video from the company shows the lobsters freely wriggling around after about two and a half hours.

The first time they tried it, Trufresh froze about 30 lobsters and two came back to life, Liberman said. But the company wasn't in the lobster business and never pursued it.

Now, Trufresh is trying to expand its product line as it launches a retail business on the Internet. If it can find partners to catch the lobster and process it, Liberman said Trufresh can be selling them within months.

Robert Bayer of the University of Maine's Lobster Institute said he was intrigued about the Trufresh process, but dubious. Seafood freezing methods similar to Trufresh's have existed for years, but there have been no reports of undead lobsters, he said.

"I'm guess I am skeptical about a lobster being brought back to life," Bayer said. "But I'm willing to be shown."

Today in History...

March 15, 44 B.C.: THE IDES OF MARCH

(HISTORYCHANNEL.COM) Gaius Julius Caesar, dictator of Rome, is stabbed to death in the Roman Senate house by 60 conspirators led by Marcus Junius Brutus and Gaius Cassius Longinus.

Caesar, born into the Julii, an ancient but not particularly distinguished Roman aristocratic family, began his political career in 78 B.C. as a prosecutor for the anti-patrician Popular Party. He won influence in the party for his reformist ideas and oratorical skills, and aided Roman imperial efforts by raising a private army to combat the king of Pontus in 74 B.C. He was an ally of Pompey, the recognized head of the Popular Party, and essentially took over this position after Pompey left Rome in 67 B.C. to become commander of Roman forces in the east.

In 63 B.C., Caesar was elected pontifex maximus, or "high priest," allegedly by heavy bribes. Two years later, he was made governor of Farther Spain and in 64 B.C. returned to Rome, ambitious for the office of consul. The consulship, essentially the highest office in the Roman Republic, was shared by two politicians on an annual basis. Consuls commanded the army, presided over the Senate and executed its decrees, and represented the state in foreign affairs. Caesar formed a political alliance--the so-called First Triumvirate--with Pompey and Marcus Licinius Crassus, the wealthiest man in Rome, and in 59 B.C. was elected consul. Although generally opposed by the majority of the Roman Senate, Caesar's land reforms won him popularity with many Romans.

In 58 B.C., Caesar was given four Roman legions in Cisalpine Gaul and Illyricum, and during the next decade demonstrated brilliant military talents as he expanded the Roman Empire and his reputation. Among other achievements, Caesar conquered all of Gaul, made the first Roman inroads into Britain, and won devoted supporters in his legions. However, his successes also aroused Pompey's jealousy, leading to the collapse of their political alliance in 53 B.C.

The Roman Senate supported Pompey and asked Caesar to give up his army, which he refused to do. In January 49 B.C., Caesar led his legions across the Rubicon River from Cisalpine Gaul to Italy, thus declaring war against Pompey and his forces. Caesar made early gains in the subsequent civil war, defeating Pompey's army in Italy and Spain, but was later forced into retreat in Greece. In August 48 B.C., with Pompey in pursuit, Caesar paused near Pharsalus, setting up camp at a strategic location. When Pompey's senatorial forces fell upon Caesar's smaller army, they were entirely routed, and Pompey fled to Egypt, where he was assassinated by an officer of the Egyptian king.

Caesar was subsequently appointed Roman consul and dictator, but before settling in Rome he traveled around the empire for several years and consolidated his rule. In 45 B.C., he returned to Rome and was made dictator for life.

As sole Roman ruler, Caesar launched ambitious programs of reform within the empire. The most lasting of these was his establishment of the Julian calendar, which, with the exception of a slight modification and adjustment in the 16th century, remains in use today. He also planned new imperial expansions in central Europe and to the east. In the midst of these vast designs, he was assassinated on March 15, 44 B.C., by a group of conspirators who believed that his death would lead to the restoration of the Roman Republic. However, the result of the "Ides of March" was to plunge Rome into a fresh round of civil wars, out of which Octavian, Caesar's grand-nephew, would emerge as Augustus, the first Roman emperor, destroying the republic forever.

Reenlistment bonus available until soldiers depart Theater

Currently, more than 1,650 soldiers have taken advantage of the deployed force reenlistment bonus since October. Soldiers must understand the bonus is no longer available once they redeploy to their home station.

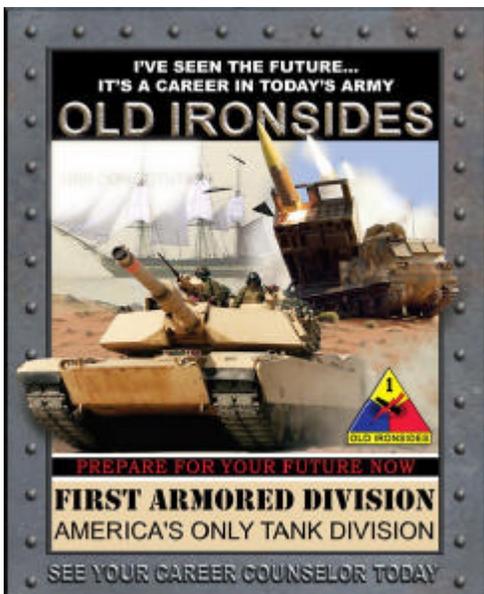
The most frequently asked question from soldiers is "how long am I eligible for the reenlistment bonus?" The answer is simple: once a soldier leaves Iraq, Afghanistan, or Kuwait, the lump sum tax-free bonus no longer exists.

As we begin to redeploy, our Career Counselors and key retention personnel will become much less accessible as they will be spread thin throughout Iraq, Kuwait, and Germany.

Soldiers eligible for this incentive are encouraged to take advantage of this opportunity well in advance of their expected redeployment date. Soldiers should contact their Career Counselors who are standing by to assist our Iron Soldiers in continuing to serve proudly and "Stay Army."

For more information, contact your career counselor:

- Command Career Counselor: SGM James Jaranowski, 551-9405
- Retention Operations NCO: MSG Gary Schoolfield, 551-9405
- 1st Brigade: SFC Burke, Martyrs' Monument, 550-7027
- 2nd Brigade: SSG Gibson, Presidential Palace, 551-2010
- 4th Brigade: MSG Wolfe, 551-6620
- DIVARTY: SFC Hilton, 551-7030
- DIVENG: MSG Collier, 551-6131
- DISCOM SFC Casnave, 551-9405
- Division Troops: SFC Nagle, 551-9405



The Old Ironsides Report March 15, 2004

| myafn.net TV SCHEDULES: MONDAY, MARCH 15, 2004 | | | | As of: Sunday, March 14, 2004 9:50:51 PM | | |
|--|--|---|--|---|------------------------------|------------|
| Start Time | SPORTS | ATLANTIC | SPECTRUM | PACIFIC | NEWS | Start Time |
| 00:00 | | | AMERICAN IDOL (TVG): | | CNN SUNDAY | 00:00 |
| 01:00 | HORSE RACING - SAN FELIPE & TAMPA BAY DERBY | | | WOMEN'S COLLEGE BASKETBALL - NCAA WOMEN'S FINAL 64 SELECTION SHOW | MEET THE PRESS | 01:00 |
| 01:30 | | | AMERICAN IDOL (TVG): | | | 01:30 |
| 02:00 | SPORTSCENTER | MEN'S COLLEGE BASKETBALL - NCAA FINAL 64 SELECTION SHOW | | SESAME STREET | TIM RUSSERT | 02:00 |
| 02:30 | | | THE TWILIGHT ZONE (TVPG): - THE MIND AND THE MATTER | | | 02:30 |
| 03:00 | MEN'S COLLEGE BASKETBALL - PATRIOT LEAGUE CHAMPIONSHIP: AMERICAN VS LEHIGH | HEADLINE NEWS | ROCKET POWER (TVY): - TITO SITTING/ THERE'S SOMETHING ABOUT BREEZY | DORA: THE EXPLORER (TVY): - SUPER SPIES | FOX REPORT | 03:00 |
| 03:30 | | SEINFELD (TV14): - THE HANDICAP SPOT | THE FAIRLY ODDPARENTS (TVY): - CHIN UP/ DOG'S DAY AFTERNOON | WHEEL OF FORTUNE (TVG): | | 03:30 |
| 04:00 | | THAT 70'S SHOW (TVPG): - HOLY CRAPS! | THE SIMPSONS (TVPG): - THE WAR OF THE SIMPSONS | THE DR. PHIL SHOW (TVPG): | THIS WEEK | 04:00 |
| 04:30 | | ENTERTAINMENT TONIGHT (TVPG): | THE COSBY SHOW (TVG): - THE CARD GAME | | | 04:30 |
| 05:00 | PGA TOUR - THE HONDA CLASSIC: FINAL ROUND | | BUFFY THE VAMPIRE SLAYER (TV14): - EMPTY PLACES | THE OPRAH WINFREY SHOW (TVPG): | DATELINE INTERNATIONAL | 05:00 |
| 05:30 | | WWE SMACKDOWN! (TV14): | | | | 05:30 |
| 06:00 | | AMERICA'S BLACK FORUM | LAW & ORDER (TV14): - SCHOOL DAZE | HEADLINE NEWS | 60 MINUTES | 06:00 |
| 06:30 | | MEET THE PRESS | THE NEW DETECTIVES (TV14): - MURDER FOR HIRE | JUDGE JUDY (TVPG): | | 06:30 |
| 07:00 | | | | ACCESS HOLLYWOOD | CNN PRESENTS | 07:00 |
| 07:25 | | | | GUIDING LIGHT (TV14): | | 07:25 |
| 08:00 | ESPNEWS | HEADLINE NEWS | MONSTER GARAGE (TVPG): - WOOD CHIPPER | | LARRY KING LIVE | 08:00 |
| 08:13 | | | | GENERAL HOSPITAL (TV14): | | 08:13 |
| 08:30 | ESPNEWS | ESPNEWS | | | | 08:30 |
| 09:00 | NBA FASTBREAK | SESAME STREET | THE SPANISH PRISONER | LILO & STITCH: THE ANIMATED SERIES (TVG): - SPOOKY | AT LARGE WITH GERALDO RIVERA | 09:00 |
| 09:30 | ESPNEWS | | | DIGIMON: DIGITAL MONSTERS (TVY7): - DIGIBABY BOOM | | 09:30 |
| 09:50 | SPORTSCENTER | | | | | 09:50 |
| 10:00 | | DORA: THE EXPLORER (TVY): - SUPER SPIES | | DRAGONFLY TV (YR. 1) | ACCESS HOLLYWOOD | 10:00 |
| 10:30 | | WHEEL OF FORTUNE (TVG): | | EVEN STEVENS (TVG): - ALMOST PERFECT | | 10:30 |
| 11:00 | SPORTSCENTER | THE DR. PHIL SHOW (TVPG): | ROCKET POWER (TVY): - TITO SITTING/ THERE'S SOMETHING ABOUT BREEZY | JEOPARDY! (TVG): | BELTWAY BOYS | 11:00 |
| 11:20 | NBA - PHILADELPHIA 76ERS @ DETROIT PISTONS | | | | | 11:20 |
| 11:30 | | | THE FAIRLY ODDPARENTS (TVY): - CHIN UP/ DOG'S DAY AFTERNOON | HEADLINE NEWS | FOX NEWS WATCH | 11:30 |
| 11:46 | | THE OPRAH WINFREY SHOW (TVPG): | | | | 11:46 |
| 11:52 | | | | PACIFIC REPORT | | 11:52 |
| 12:00 | | | THE SIMPSONS (TVPG): - THE WAR OF THE SIMPSONS | ESPNEWS | BULLS & BEARS | 12:00 |
| 12:30 | | | THE COSBY SHOW (TVG): - THE CARD GAME | HEADLINE NEWS | AFNEWS ON ASSIGNMENT | 12:30 |
| 12:35 | | GUIDING LIGHT (TV14): | | | | 12:35 |
| 12:52 | | | | PACIFIC REPORT | | 12:52 |
| 13:00 | | | BUFFY THE VAMPIRE SLAYER (TV14): - EMPTY PLACES | 60 MINUTES | ACCESS HOLLYWOOD | 13:00 |
| 13:17 | | GENERAL HOSPITAL (TV14): | | | | 13:17 |
| 13:30 | NBA - SAN ANTONIO SPURS @ SACRAMENTO KINGS | | | | | 13:30 |
| 14:00 | | HEADLINE NEWS | LAW & ORDER (TV14): - SCHOOL DAZE | NYPD BLUE (TV14): - MARINE LIFE | DATELINE NBC | 14:00 |
| 14:30 | | JUDGE JUDY (TVPG): | | | | 14:30 |
| 15:00 | | TODAY | THE NEW DETECTIVES (TV14): - MURDER FOR HIRE | WITHOUT A TRACE (TVPG): - IN EXTREMIS | GOOD MORNING AMERICA | 15:00 |
| 16:00 | SPORTSCENTER | | MONSTER GARAGE (TVPG): - WOOD CHIPPER | HEADLINE NEWS | | 16:00 |
| 16:22 | | | | PACIFIC REPORT | | 16:22 |
| 16:30 | | | | TONIGHT SHOW WITH JAY LENO (TVPG): | | 16:30 |
| 17:00 | | LILO & STITCH: THE ANIMATED SERIES (TVG): - SPOOKY | THE SPANISH PRISONER | | HEADLINE NEWS | 17:00 |
| 17:30 | NHL - NASHVILLE PREDATORS @ DETROIT RED WINGS | DIGIMON: DIGITAL MONSTERS (TVY7): - DIGIBABY BOOM | | THE LATE SHOW WITH DAVID LETTERMAN (TVPG): | CHANNEL ONE | 17:30 |
| 17:45 | | | | | ABC WORLD NEWS THIS MORNING | 17:45 |
| 18:00 | | DRAGONFLY TV (YR. 1) | | | THE EARLY SHOW | 18:00 |
| 18:30 | | EVEN STEVENS (TVG): - ALMOST PERFECT | | ACCESS HOLLYWOOD | | 18:30 |
| 19:00 | | JEOPARDY! (TVG): | ROCKET POWER (TVY): - TITO SITTING/ THERE'S SOMETHING ABOUT BREEZY | THE WAR OF THE WORLDS | | 19:00 |
| 19:30 | SPORTSCENTER | HEADLINE NEWS | THE FAIRLY ODDPARENTS (TVY): - CHIN UP/ DOG'S DAY AFTERNOON | | | 19:30 |
| 20:00 | | ESPNEWS | THE SIMPSONS (TVPG): - THE WAR OF THE SIMPSONS | | FOX NEWS LIVE | 20:00 |
| 20:30 | | HEADLINE NEWS | THE COSBY SHOW (TVG): - THE CARD GAME | FINIAN'S RAINBOW | | 20:30 |
| 21:00 | MLB - SPRING TRAINING: ATLANTA BRAVES @ ST. LOUIS CARDINALS | 60 MINUTES | BUFFY THE VAMPIRE SLAYER (TV14): - EMPTY PLACES | | DATELINE NBC | 21:00 |
| 22:00 | | NYPD BLUE (TV14): - MARINE LIFE | LAW & ORDER (TV14): - SCHOOL DAZE | | FOX NEWS LIVE | 22:00 |
| 23:00 | | WITHOUT A TRACE (TVPG): - IN EXTREMIS | THE NEW DETECTIVES (TV14): - MURDER FOR HIRE | ESPNEWS: THE HOT LIST | HEADLINE NEWS | 23:00 |
| 23:30 | | | | HEADLINE NEWS | INSIDE POLITICS | 23:30 |